



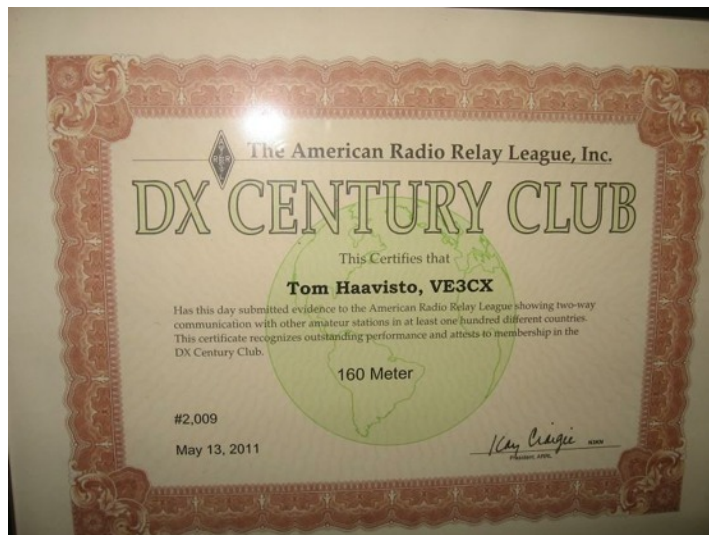
*A new year of Amateur Radio is about to begin!
See you at the meeting
September 8th at 1930 hours
Room 191
McIntyre Building - Confederation College
Everyone is Welcome!*

Signal Hill QSO



While in St. John's Newfoundland at the RAC AGM Thunder Bay Amateurs Mike Skillen, VE3EDX, Bill Unger, VE3XT and RAC President Geoff Bawden, VE4BAW operating from Signal Hill Station VO1AA enjoyed a QSO the Northwestern Ontario Senior Citizens Amateur Club station VE3SAO back in Thunder Bay. Operating from VE3SAO were Don McQueen, VA3DEF and Doug McCormack, VE3EFC. Also attending the AGM from Thunder Bay was George Dow, VE3DOW.

VE3CX AWARDED DXCC ON 160!



Congratulations to Tom Haavisto VE3CX on his entry to the DX Century Club. Here is Tom's certificate for DXCC on 160. A pretty impressive accomplishment by any standards.

LARC SENATE

Keith Fiske VE3JQ
Pat Doherty VE3PD
Dave Kimpton VE3AVS
Laurie Bridgett VE3BCD
Terry Stewardson VA3LU
Ed Baumann VE3SNW

LARC EXECUTIVE**President**

Randy Gottfred VA3OJ

Vice-President

Bob Hansen VE3RVA

Secretary

Karl Hamilton VE3RRP

Treasurer

Joe Coghlan VE3TBX

Directors

Mark Vaillant VA3MVR

Paul Curtin VA3PDC

Robert Mazur VA3ROM

Past President

Bill Unger VE3XT

LARC Emergency Coordinator

Brad Harris VE3MXJ

**ARES District Emergency
Coordinator**

VE3FAL Fred Lesnick 577-0789

CANWARN

VA3JMS John 767-3631

VE3MXJ Brad 767-0628

Public Service Events

VA3JMS John 767-3631

Accredited Examiner

VE3FAL Fred Lesnick 577-0789

flesnick@tbaytel.net

ABOUT US

The Lakehead Amateur Radio Club (LARC) is an incorporated not for profit group of amateur radio operators in the Thunder Bay area that meet for self education, community service and fellowship. Our meetings are the second Thursday of the month at room 191 McIntyre Building, Confederation College, 7:30 PM. Our postal address is 1100C Memorial Ave. Suite 184, Thunder Bay, Ontario P7B 4A3. This newsletter is published monthly except for July and August by Ed Baumann VE3SNW and questions and submissions may be emailed to ve3snw@shaw.ca

**LARC OPEN ACCESS REPEATERS**

VE3YQT(Mount Baldy)147.060 (-600) Phone Patch

VE3TBR (St. Joseph's) 146.820 pl 107.2

442.075 (+5 MHz)**pl 100**

144.390 APRS

VE3UPP Upsala 145.470 (-600)

Simulated Emergency Test

As Section Manager for Ontario I am pleased to inform all ARES members that the plans have been put in place for the Ontario Province-wide Simulated Emergency Test. I encourage all ARES groups, amateur operators and clubs to take part this year and test your emergency communications.

The Province-wide portion of the SET will be conducted on **October 15th 2011 from 10:00 to 14:00 and 18:00 to 21:00 hrs ET**. All ARES Groups are encouraged to participate in Province-wide SET activities and pass traffic to the other ARES Groups, RAC Officials and Government/Support Agencies through-out the Province and the Provincial Emergency Operations Centre (VE3EMO).

SET 2011 will be an official test of the Ontario ARES under the direction of Radio Amateurs of Canada; all ARES Groups are requested to participate. If your ARES group is planning to conduct SET on a different date please have a representative available for the province-wide portion as this is an official test of the Ontario ARES in conjunction with Emergency Management Ontario.

Most municipalities have incorporated IMS (Incident Management System) into their operational doctrine, it is of utmost importance that ARES & EMCOMM personnel become familiar with the principals of IMS and the standardized forms used in IMS.

The focus of the 2011 SET will be two primary functions;

- 1- Delivery of a Declaration of Emergency
- 2- Delivery of a Incident Report

Note: Both the Declaration of Emergency and the Incident Report will use the new IMS213-R standardized form. Blank IMS213-R forms, with instructions and a sample can be downloaded from

<http://www.emoares.org/set2011>

The Declaration of Emergency is a message delivered to Emergency Management Ontario that an emergency exists within a community where it is beyond the scope of the local municipality to handle and outside assistance and support is required. The Incident Report is a message delivered to Emergency Management Ontario advising EMO

that a situation or emergency exists in a community but currently the municipality can handle the response. This allows EMO time to prepare for the possibility of activation in support of the local event.

Clubs or groups with installations on CBC tower sites participating in this year SET will receive letters of conformation from Emergency Management Ontario. In order to receive conformation of participation a radiogram must be sent from your club to the Provincial Emergency Operations Centre (VE3EMO) during the SET exercise followed by a request for conformation via e-mail to EMOARES@gmail.com, please included your full mailing address as conformation will be sent via regular mail. CHECK YOUR CBC CONTRACT FOR DETAILS.

Guidelines

ALL operations and traffic should follow the guidelines as outlined by Radio Amateurs of Canada http://www.rac.ca/fieldorg/ARES_set.htm This year it is very important to maintain accurate logs as scoring has been introduced into this years exercise, please visit the RAC site for details, SET Report Form:

<http://www.rac.ca/fieldorg/setform.htm>

When signing into the SET please inform Net Control of which ARES Group you represent, your title if any (example: SM, SEC, DEC, EC, AEC), if you are operating with emergency power, also inform NCS if you are operating from an Emergency Operations Centre. To contact Provincial Emergency Operations Centre (PEOC) via e-mail please use

<mailto:emoares@gmail.com>

All stations should stay on frequency for traffic routing unless excused by the net control station, please advise NCS if you must leave.

Modes utilized for this exercise include; HF, VHF/UHF linked repeaters, simplex, IRLP, PSK31 and Packet via the Airmail program.

SET Province-wide Schedule (October 15th)

Day Time Session (10:00 to 14:00 hrs ET)

3.742 MHz (Ontario Phone Net VA3OPN)

14.140 MHz. for stations out of 80/40 meter range (Northern Ontario)

IRLP Reflector 9035 (linked to ARES ProComm Net)

PSK31 (freq: 7.070 MHz. USB) NCS will send and repeat < CQ ONT ARES de

VA3EOT >

Packet via Airmail program (EMOARES@gmail.com)

Evening Session (18:00 to 21:00 hrs ET)

3.742 MHz (Ontario Phone Net VA3OPN)

IRLP Reflector 9035 (linked to ARES ProComm Net)

PSK31 (freq: 3.580 MHz. USB)

Packet via Airmail program
(EMOARES@gmail.com.ca)

For those stations that have D-Star we will be having a net on the D-Star Reflector XRF021B during the set operations hours.

Special EOC Session

A special session of the SET is also scheduled for Wednesday October 12th 2011 (09:00 to 12:00) to accommodate Emergency Operations Centre's stations which only have site access during normal business hours. The early hours have been chosen to make full use of 80 meter band conditions (3.742 MHz.), IRLP (channel 9035), and the ERA network (see freq. list on EMO ARES website). Special arrangements can be made for EOC's within the simplex coverage range of the PEOC, please contact jim.taylor@emoares.org

Again I look forward to another successful SET this year. This year our goal is to have amateurs or ARES groups respond from every ARES District in Ontario. This is a great opportunity to show your local municipalities how a SET is performed and test out your Emergency Operation Centre's. Of course any amateur is welcome to take part plus any Emcomm group as well. As Section Manager I hope to hear many groups during the SET and want to take a moment to thank each ARES groups for your continued hard work and support. On behalf of the Radio Amateurs of Canada your dedication is acknowledge and appreciated.

73 & Thank You

Al

Allan Boyd

VE3AJB

Section Manager

Ontario

Radio Amateurs of Canada

From Jan VA3JRS

<http://www.hamtv.tv/>

http://www.loudountimes.com/index.php/news/article/ham_radio_saves_mans_life111/

RADIO HF

My name is Sheldon Harvey, VE2SHW, owner and operator of Radio HF. Since 1995 Radio HF, located in the Montreal region, has been serving hams, shortwave listeners, scanner enthusiasts and CBers throughout Canada with a wide variety of radio equipment, antennas, accessories and Canada's largest selection of radio and communications publications, including the complete catalogues of ARRL, RSGB, and many other radio and communications book publishers.

Radio HF is a Canadian outlet for many specialized companies offering quality, affordable antennas for HF, VHF/UHF, and other bands, for base, mobile or portable operations; speaker/mics for Icom, Kenwood, Yaesu, Alinco, etc.; baluns; SWR/power meters; and the largest selection anywhere of adapters, including popular models such as SMA to BNC, SMA to UHF, BNC to UHF, N to UHF, N to BNC, etc.

Here are just some of the unique firms we deal with. Please feel free to examine their unique products on their individual webpages:

WORKMAN ELECTRONICS (an extensive line of accessories for amateur radio, CB, scanning, RF connectors and adapters, and much more - <http://www.workmanelectronics.com/main.htm>

RADIOWAVZ (Antennas, baluns, etc.) - <http://www.radiowavz.com/>

CUBEX QUAD ANTENNAS - <http://www.cubex.com/>

ISOTRON ANTENNAS - <http://www.isotronantennas.com/>

OUTBACKER ANTENNAS - <http://outbackerantennas.com/index.html>

MIRACLE ANTENNA - <http://miracleantenna.com/>

PRYME RADIO PRODUCTS - <http://www.pryme.com/>

ALPHA DELTA COMMUNICATIONS - <http://www.alphadeltacom.com/>

KENT KEYS - <http://www.kentkeys.com/>

AMERICAN RADIO RELAY LEAGUE PUBLICATIONS, including Radio Society of Great Britain publications - <http://www.arrl.org/arrl-store>

SONORAN PUBLISHING -
<http://sonoranpublishing.com/>

Radio HF's webpage, <http://www.radiohf.ca> features all our lines of equipment, accessories and publications available by mail order across the country, by local pick-up in southern Quebec, or at various hamfests that we attend throughout Quebec and eastern Ontario each year. I invite all members of your club to visit the website and review the products that Radio HF has to offer.

Radio HF can be reached by e-mail, at info@radiohf.ca or by toll-free telephone, from anywhere in Canada, at 1-800-463-3773. Complete contact information is available on the Radio HF web site.

With the ever increasing costly postage rates for small packages, parcels or boxes, it sometimes doesn't pay to order items through the mail. I would like to propose something special to the members of your amateur radio club. Why not gather up a list of the items various members may be looking for, be it books, antennas, accessories, etc. and combine everything together in one bulk order, to be shipped to your club, for individual distribution to your members. This could perhaps be done at one of your upcoming club meetings. The savings on shipping costs by combining orders are huge. The shipping costs would then be just a fraction per member ordering items, compared to each of them ordering individually.

I encourage you to discuss this with your members, put together your list and send it along to me. Each person can submit their individual list, and each member would be billed separately for their items. However the shipping cost would be split between those ordering and the shipment would be made to one designated address for distribution to the other members.

In addition to the extensive line of products, accessories and publications, Radio HF offers a truly unique service. Since 1999, I have edited and distributed, by e-mail, the Radio HF Internet Newsletter, a free monthly newsletter. The Radio H.F. Internet Newsletter is a collection of interesting websites about radio, communications, technology and other related material. The

Newsletter also includes monthly specials, feature products and news and developments at Radio H.F. The Newsletter is now distributed to over 1500 subscribers in dozens of countries around the world.

Your club may already receive the monthly Newsletter and re-distribute it to your individual members. Some clubs have informed their members of the Newsletter who can then subscribe on an individual basis. If your club members do not already receive this free publication, previous editions of the Newsletter can be viewed at the following Yahoo Group at <http://groups.yahoo.com/group/hfnewsletter/>, and then click on the "Files" section.

If your club, or individuals in your club, would like to subscribe to the Radio HF Internet Newsletter, simply send your full name and e-mail address to hfnewsletter@yahoo.com. Subscribers are encouraged to submit their own interesting links to the Newsletter for possible publication. Those having their links published also receive a discount of 2% on their next order from Radio HF.

Finally, I would ask that you pass this information about Radio HF, its products and services to all of your club members. I would be more than pleased to serve them and supply them with their amateur radio requirements. If your club has a website with listings of amateur radio retailers, I would respectfully ask, if possible, that Radio HF be added to your list.

If your club, or any of its members, have any questions, please feel free to contact me by e-mail or by telephone. I thank you for giving me the opportunity to introduce Radio HF to your club and its members. I look forward to being able to serve you in the future.

Best wishes
73

Sheldon Harvey, VE2SHW
Radio HF - Canada's radio specialist
<http://www.radiohf.ca>

Hey, all you incredible Conquer the Doggers,

Well, wasn't that a wonderful event! I am so grateful to all of you, your families and friends who all came out and helped to make this year's event such a resounding success. Once again we had great weather, an amazing roster of competitors, a fantastic race course, awesome prizes and donors, good food served by hardworking, friendly people and a well organized system for timing, registering and coordinating the event. Thanks to all the volunteers who helped during the race, especially all the young, not so old & older people who marshaled, worked water stations, directed parking and helped clean up after the event. Thanks to the timing team (Fred, Thomas and Tom) and the volunteers who supported their work, Lin & Laurie.

Thanks to you Tom, for all Petrie's continuing support; for the use of your business for registration, all the wonderful prizes you donate that light up the eyes of our young competitors and most of all for your commitment to sport in our community. Thank you!

Fiona, your contribution to the event was enormous. The race course, maps, volunteer coordination were exceptional. I know you have been stretched thin and that makes all of us thank you even more for your effort. Well done!

Great race Richard! Thanks to you, Sharon and Oliver for all your hard work and annual support of our event. You are an inspiration to all of us.

Michelle, Pearl, Peyton, Hannah & Greg, thanks for your support and commitment to Conquer the Dog. Michelle, you are a wonderful role model for your children. Thanks especially for the donation of your art to our prize table. See you all next year. Pearl please thank you friends, Nicole and Conrad for us.

Stacie and Ken, thanks for all your work. Please extend our sincere thanks to the First Response team for providing their expert services to the event. We should plan something else so we could see each other more than once/year! Stacie, thanks for your attention to detail and your great sense of humour. You are always able to lighten the mood and clarify a problem especially in the final hours of preparing for the event.

John, we are so grateful for the Radio Club's participation in our event. Your presence is so essential to providing a safe and exciting event. Please book the 3rd Saturday of August for 2012 in your group's calendar so we can work together again. I hope you all enjoyed yourself yesterday.

To Ed, Elma, Irene, Marcia and Violet, well done! Your experience providing food for large events sure shows. Thank you all for your commitment to our community. Your endless hours of volunteering are noticed by us all and are greatly valued. You are the backbone of our beautiful part of the world and we thank you so much!

Hanna and Ayla, the amulets were a great success. Many wonderful comments were received. Thanks so much for all your staying power and your willingness to put up with me when things get stressful. I am honoured to love you both!!

Carolyn, great race! Thanks again for shopping and helping out in the kitchen after competing. We are so glad you do!

Pat, thanks again for the beautiful paddle. It is a wonderful tradition for Conquer the Dog. Tell Evan, thanks for bringing his friends out to take part. Great photo in the paper!

And finally, dear Roma, please pass on our sincere thanks to everyone at OPG for their support of our event; the cash donation, the prizes, race bags & contents, your awesome team and the presence of Art and yourself at the event allow us to raise some money to support our community centre, a vital hub to those of us who live in Kamistiquia. Thank you, thank you, thank you!

See you all next year,
Judi

Volunteers Needed - Sunday, September 18, 2011

We will need several radio operators to volunteer for the Sept 18th **Thunder Bay Marathon**. All those interested must register on-line (<http://www.thunderbaymarathon.com/article/volunteer-133.asp>) in order to get a t-shirt, and under the section of volunteer area, put in "Course communications"

For those that have registered on line, please email me at jsacek@deltasurvey.com to confirm your availability.

Thank You!

John

Minutes for the Lakehead Amateur Radio Club

Date: June 9, 2011

President, Randy Gottfred VA3OJ Presiding.

Guest Speakers:

Ken Middifield and Wendy Addison of the Canadian Red Cross spoke about the Disaster Management Program in Canada and in Thunder Bay.

Treasurer's Report: Joe Coghlan VE3TBX

In Joe's absence, Karl Hamilton VE3RRP moved to accept the report as printed in the June Hi-Q. Seconded by Terry Stewardson VA3LU. Passed Unanimously.

Minutes of Previous Meeting:

Karl Hamilton VE3RRP moved to accept the May's meeting's minutes as printed in the June Hi-Q. Seconded by Brad Harris VE3MXJ. Passed Unanimously.

Old Business:

Public Service (John Sacek VA3JMS public events coordinator)

Until further notice, public service events in the city of Thunder Bay will use repeater VE3YQT. We will try to double up volunteers at checkpoints for training and back-up purposes.

Kakabeka Falls July 1st at the Park.

Shuniah MS Run and Roll in July

Conquer the Dog in August.

Caribou Bike Ride in September.

Thunder Bay Marathon in September

CIBC Run for the Cure in October

United Way Santa Shuffle November

CANWARN John Sacek VA3JMS

Canwarn Training Monday June 13, 7-9 PM, Room 195, McIntyre Building

The CANWARN net was activated last Tuesday near noon when Environment Canada issued a severe weather watch. 6 stations checked in.

ARES

Brad Harris VE3MXJ Thunder Bay EC

September HI-Q Journal of the Lakehead Amateur Radio Club 2011

Brad and Fred Lesnick VE3FAL gave a Presentation to the Red Cross which was well received. There will be more liaison between the two organizations.

Tuesday night VHF Net on VE3YQT at 7pm.

New Amethyst VHF net on VE3TBR Sunday 7:45 PM ET, Karl Hamilton VE3RRP is net manager. It will connect to NW Ontario via IRLP reflector 9031.

NW Ontario ARES HF net daily, 8:15 PM ET on 3.750 MHz

Ontario ARES Communication Net on IRLP Reflector 9035 ON Sunday and Thursday at 8PM ET

SATERN Net Monday 9 PM on IRLP reflector 9032

Everyone invited to check-in to these nets.

RAC Report Bill Unger VE3XT

Bill is collecting letters of support from across the province to submit to the Ontario Government for a relaxing of the distracted drivers' law regarding amateur radio operators.

Repeater News Randy Gottfred VA3OJ,

10 Meter repeater VE3XFM is operational on 29.680 R (-100 offset) 29.580 T, Tone 123 FM mode. VE3TBR will be checked out soon. The Upsala repeater will be turned on shortly.

Club Trailer: Bob Hansen VE3RVA

The Trailer will be at Randy Gottfred VA3OJ's for some repairs, and for field day.

Hymers Fall Fair The 2012 100th Anniversary callsign will be applied for when the date gets a little closer. It will be effective from mid August to mid September. This year the fair will be open on Sunday and Monday of the Labour Day weekend. Set-up is Friday afternoon at noon.

Field Day 2011

Friday night set-up at VA3OJ's place. Bring your own equipment and/or use what is provided. Supper on Saturday is 6-6:30, bring a food donation, plates are provided. Come and enjoy yourself!!!

New Business

50/50 Draw: VE3RRP

Adjournment moved by: Mike Nawrocki VE3ZG

Next Executive Meeting: September 1, 2011.

Next LARC Meeting: September 8, 2011.

From John VE3EMI

http://mccmag.com/newsArticle.cfm?news_id=7388

North East Ontario Regional Directors Report September, 2011



Hello and I hope you all had a good summer. As you may be aware RAC was at Dayton and it was the first time I have been back there in 20+ years. If you have been there you know it's an Amateurs Paradise, and if you haven't been put it on the list. If you do go next year please stop at the RAC booth and say hello.

Moving forward there are multiple things going on with RAC in Ontario. The first one is the Distracted Driving Legislation and RAC's attempt to get a specific exemption for Amateurs. We are still hoping to get a meeting with the policy Advisor to Ms Wynne and explain why we want an exemption. If you can get a letter from a local organization, NGO or group explaining how Amateurs help your community please send me a copy. There are other plans in the work and they will be unrolled as needed. We need to get Amateur Radio on bureaucrat's radar.

Another task force under RAC has been formed to update how the RAC Field Services operate in Ontario. Ontario is a large and diverse province and emergency preparedness is not the same for Thunder Bay as is Toronto. We need to be able to accommodate all regions. So some changes will be made to the Field Organization. Stay tuned.

For more background information use the following link to view all the RAC Bulletins:

<http://www.rac.ca/en/news/bulletins/2011/>

The other item I would like to highlight is that several positions are open on the RAC executive. The President's, Treasurer and all the Vice Presidents positions are open. They serve a 2 year term and it is a chance to help further Amateur Radio in Ontario. You have until October 31 to apply. If you have any expertise in financial matters and can use quick books please give the Treasurers position a thought.

The other bit of great news is that with RAC intervention Industry Canada has gazetted a proposal for Amateur operation on 60M. This could be a great Christmas present for Canadian Amateurs.

If you are in Ottawa on September 10 or Sudbury on September 24 both cities are having Ham fests. For more information go to: <http://rac.eton.ca/events/upcoming.php>

Finally if you are operating there are a lot of special call signs that are available, for a complete listing go to the RAC site: <http://www.rac.ca/en/amateur-radio/regulatory/callsigns/special-event.php>

If you have any questions or concerns please email me at ve3xt@rac.ca.

73

Bill VE3XT
North East Ontario
Regional Director

Myths of Low Band DX

<http://www.telusplanet.net/public/telwest/LBDX.html>

.....thanks Jan!

The rebirth of Heathkit?

<http://www.eham.net/articles/26643>

.....submitted by Jan

September 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
NW Ontario ARES HF net daily, 8:15 PM ET on 3.750 MHz	ARES/LARC Tuesday VHF Net on VE3YQT at 7pm.		1	2	3	4
5	6	7	8 LARC Meeting 1930	9	10	11
12	13	14	15	16	17	18 Tbay Marathon
19	20	21	22	23	24	25
26 SATERN Net Monday 9 PM ET on VE3TBR IRLP reflector 9032	27	28	29 Ontario ARES Net VE3TBR IRLP Reflector 9035 ON Sunday and Thursday at 8PM ET	30		Amethyst ARES VHF net on VE3TBR Sunday 7:45 PM, IRLP reflector 9031.

Three Months - June, July & Aug.